

## PART A

(50 marks)

Written research work

Choose **ONE** of the following topics and prepare a research report on your findings.

**1a.** Investigate and prepare some Vegetarian meals using textured vegetable protein (TVP) or other meat substitutes.

Outline what you have prepared including the method.

Evaluate the resulting products in terms of

- Taste and appeal
- Perceived health benefit
- Nutrient content and value in the diet
- Skills and the time required for preparation
- Cost

**1b.** Prepare a 3 minute speech addressing the following questions.

What is the current general public opinion about vegetarian eating?

Is there any academic/ medical information to support these views?

**You must supply a word processed copy of you speech and reference list**

**OR**

**2a.** Devise a menu for people wanting to increase their daily intake of fibre.

Explain the differences between this and an 'ordinary' diet.

Evaluate the types of food needed in the daily diet to meet this requirement.

Examine the labels on a variety of food products to determine the fibre available.

Compare and evaluate available fibre in at least three different types of foods.

**2b.** Prepare a 3 minute speech addressing the following questions.

What are the known and expected health benefits of a high fibre diet?

What is the function of water in conjunction with a high fibre diet?

**You must supply a word processed copy of you speech and reference list**

**OR**

**3a.** Select an area of interest. Investigate recent developments in knowledge and understanding about the benefits of good nutrition in this area.

Areas of interest may include: -

Sports nutrition / infant nutrition

Disease defence and management through good nutrition

Anti aging effects of good nutrition

**3b.** Prepare a 3 minute speech addressing the following questions.

If 'we are what we eat' – what does the current state of health of the nation tell us about our nutrition?

How are age old traditions of using herbal/ plant based medicines being acknowledged and used successfully today?

**You must supply a word processed copy of you speech and reference list**